

Notice to Farmers in**Claresholm District:**

C. T. TAPP, district representative appointed by the Provincial Department of Agriculture, wishes to announce that communication may be had with him at the School of Agriculture, Claresholm. Labor and Seed Grain shortages are promptly dealt with. Advice may be had free on different agricultural matters dealing particularly with "greater production."

CLARESHOLM S.D. No. 764**By-Law No. 4**

A By-Law Relating to the Issue of Debentures of the Claresholm School Board, S.D. No. 764, of the Province of Alberta.

WHEREAS it is necessary and desirable that the sum of Seven Thousand Dollars should be borrowed by the Board of Education from the Bank of Montreal, the Claresholm, S.D. No. 764, of the Province of Alberta, for the purpose of securing a two-year bridging loan and for the purpose of purchasing desks and equipment for the school to be used in the bearing in Thirty equal consecutive annual instalments with interest at no more than 5% per annum; and

NOW THEREFORE THE BOARD OF TRUSTEES OF THE SAID DISTRICT ENACTS AS FOLLOWS:

1. That the necessary proceedings be taken to issue the said Seven Thousand Dollars to the Bank of Montreal, the Claresholm, S.D. No. 764, of the Province of Alberta, for the purpose of securing a two-year bridging loan and for the purpose of purchasing desks and equipment for the school to be used in the bearing in Thirty equal consecutive annual instalments with interest at no more than 5% per annum;

2. That upon the Board of Public Utilities having been advised by the Board of Trustees of the Claresholm, S.D. No. 764, that the amount of Seven Thousand Dollars, or any part thereof, is required to be debentured, the debenture of the said District shall be issued in the amount as is set out above, payable in two-year consecutive annual instalments with interest at no more than 5% per annum, and said debenture shall be executed by the Claresholm School Board.

DONE AND PASSED THIS Tenth day of April, A.D. 1918.

(Signed) G.W. SIMPSON, Secretary

G.W. SIMPSON, Chairman

Certified a true copy,

G.W. SIMPSON, Secretary,

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Geo. McKinney, Chairman

Certified a true copy,

**Destruction of Subs.**

Parts of Submarines Included in Catch of Dutch Fishermen

Not only fish, but parts of German ships have been destroyed more frequently by the Dutch than by British fishermen when they haul up their nets off the Dutch coast, according to J. Venstra, a Dutch fisherman and Captain, Veteran President of the Santa Fe, in the American Magazine.

"Hunting" parts of submarines are raising hay with the nets of "fishermen," Mr. Venstra said. In many cases, the German crews have been submitted to starvation, men and officers of the Dutch navy and the Dutch coast guard belonging to submarines that probably had been destroyed by depth charges."

Minard's Liniment Co., Limited.

Gentlemen—I had my leg badly hurt, the pain was very severe and a large swelling came above the knee. I expected would be serious—rubbed it with MINARD'S LINIMENT and soon relieved the pain and reduced the swelling quickly. I cannot speak too highly of MINARD'S LINIMENT.

ANNA T. SMITH,
Port Hood Island.

It was the first wadeable performance the old colored lady had ever seen, and she was particularly excited over all the marvelous feats of the minstrel. But the crowd, with a newspaper with a heavy flannel cloth and read the print through it, the great showman took off the cloth and doubled the cloth and again read the letters accurately.

The girl was more than she could stand, and rising in her seat, she said:

"I'm going home. This ain't no place for a lady in a thin calico dress."

Get a Good Wife

The Main Thing Is to Marry a Good Woman

CUTICURA HEALS SORE HANDS

That Itch, burn, crack, chap, and most cases. Soak the hands re-

eling in a hot suds of Cuticura Soap, using plenty of the Soap. Dry and rub Cuticura Ointment gently but freely into the hands for some time. Wear old gloves or softer bandages during night or remove surplus Ointment with soft tissue paper as preferred.

Free Sample Each Box Postpaid

To dealers throughout the world.

CURE COWS' CAKED BAGS

With EGYPTIAN LINIMENT
For Sale by all Dealers
Douglas & Company, Napanee, Ont.

Lazy 42 Miles of Track

Canadian Railway Troops Buy in France

A summary of the work done by all battalions of Canadian railway troops in France since the month of January has been issued by the militia department. The state-of-the-art report shows that the 42 miles of broad-gauge track were laid by the Canadian troops, while 14 miles of narrow-gauge track were also laid. About 6,100 Canadians were engaged on the narrow-gauge lines and 1,000 on the broad-gauge lines.

Cows and calves disappear when treated with Holloway's Corn Cure without leaving a scar.

Inquirer (at railway station)—Where does this train go?—Brakeman.—This train goes to Napanee—Goodness! That's going some!—Christian Register.

The Dignity of Farming

Will Be Locked Up to One of the Princes of the Land

This war has done one thing that has been long desired by the most dignified calling a man can engage in. There was a time when many people thought that the calling of being a "mere hayseed" not worthy of being considered seriously. In the last few years, however, the tide has passed. Today everybody is appealing to the farmer to come to the rescue of the country and to produce something to eat so that we can win the war. The day is not far distant when the world will make two blades of grass grow where only one grew before.

There is no room for the "hayseed" of the land. Montague, Ala., Times.

The Oil for the Farmer—A bottle of Dr. Chase's Electric Oil in the farm house will bring relief to the doctor. It is not only good for the children when taken with the oil and water, but it is good for those who suffer from pains and aches, but there are directions for its use on the box.

Clergy Promise Support

The clergy of all denominations in Canada are promising to do everything in their power to assist the government in food conservation and production. There are a number of cases the clergy are doing their best to help the poor in their communities.

Mr. A. W. Chase, M.D., has promised to assist the Canadian food board.

Royal Milliners

Royalty and Society Women Who Are Experts With Their Needles

It has long been a well-known fact that Queen Victoria often tried on her own hats, as also did Queen Mother of Norway.

Princess Louise of Connaught is a clever milliner, and her sister, the Crown Princess of Sweden, is also a skillful chaser in hats which she has trimmed.

There are many society women who are experts with their needles and who can convert those needles into a beautiful "creation." One of these is Mrs. Cheyrelle, and she has a number of hats which she has trimmed.

Lady Maitland, too, is a clever milliner, and she organizes a school of hats, every one made by trimmings by her own hands. Lady Maitland has a number of pretty hats, and before her marriage she had a millinery shop in Sloane Street, Mrs. Anna Wills, another society woman, who would make a small fortune as a milliner.

It is a complete victory fills me with gratitude. It permits us to live in the enjoyment of those accomplishments which we can reverently admire God's hand in history. What turn has been taken by the disposition of God?

"The head stood out our troops, the strength of our great nation, and the wonderful achievements of those at home have their roots in the fervor and enthusiasm of the Imperial which has been inculcated in our people in a hard school. They will stand by us in the struggle, decide and final battle to victory."

"The great tasks upon which the coming days of reconstruction and the healing of the wounds of war will set us, will be the result of the great historical experience that unity means strength, and that people face the new task and its trials with strength and confidence, with undaunted faith in the realities of life and death, and strong, patriotic and joyful in the fatherland, bound to me and my family, and to the cause of freedom and peace."

"I do not doubt that a rich, strong and happy people will rise out of the storm and sacrifice of this time."

Rely on North America

Lord Riondon says: "The allied forces are carrying on in the terrible belief that we can rely on the people of North America to prevent food supply from getting so diminished as to imperil the fate for which we are all fighting."

Development of Western Coal Lands

Huge Increase in Tonnage of Coal Handled Over C.N.R. Lines in Recent Years

The abnormally cold weather during the winter and the difficulties experienced in navigation have caused a decided interest in the coal regions.

For the first time, accurate statistics to ascertain, as exactly as possible, the value and location of the coal resources of the various federated provinces.

Mr. H. G. Ross, of the Nova Scotia coal commission, has been the premier coal-producing province.

And until the last few years

the railroads have been the chief in the West, well known and highly regarded residents of this place. Let me assure you that the great Canadian kidney remedy has done for her husband and herself.

Concerning the coal of Alberta, she states, "The doctor did him no good, but I can tell you that Dodd's Kidney Pills have helped him greatly."

Dodd's Kidney Pills are entirely free from lumber.

In six boxes of Dodd's Kidney Pills and am just like a new person. I have gained 10 lbs.

I have recommended Dodd's Kidney Pills to many persons who were complaining of not feeling well, and they like myself, speak highly of them.

Dodd's Kidney Pills cure the kidneys. Cured kidneys make pure blood. Dodd's Kidney Pills are the best tonic.

Three thousand women are now employed on the G. E. railway of England.

Minard's Liniment Cures Burns, etc.

What Women Want to Know

Some Queries and Answers Regarding Conservation of Food

Harassed. By you won't be by the time you get this. Goldstein's Liniment Cures Burns, etc.

The man who makes Dodd's Kidney Pills is more liable to derangement of the digestive system than the man who works in a coal mine. The one calls upon his nervous energy while the other applies only his muscular energy.

Regularities of the stomach and liver, and the best remedy that can be used is Dodd's Kidney Pills.

They are specially compounded for such cases and all those who use them can certify to their superior powers.

A Grand Advantage

One of the great advantages of a prohibitory law, even if the topper is able to circumvent them, is that it causes the younger generation to broach up without knowing the true value of life, consequently not having a desire for Bradfords Exposition.

"Charley, dear," said young Mrs. Tokins, "that young man in the bureau information wouldn't answer a single question I asked him this morning."

"I asked him how long the government will operate the railroads, and when he ran away. All I could say was that he didn't know. I believe that young man is being censored."—Washington Post.

"I'm a self-made man." "You knocked off work too soon."—Boston Transcript.

German Sword Saves Kaiser

"Our Best Protection" He Says to a Shipping Chief

In reply to congratulations from Philip Heineken, director of the Holland Steamship Line, Emperor William sent the following telegram:

"Please accept our best protection. With God's help it will also bring us peace in the west, and when we are in distress and many troubles, the German people need for a happy future."

In greater length in a message to the vice-president of the Reichstag,

"The complete victory fills me with gratitude. It permits us to live in the enjoyment of those accomplishments which we can reverently admire God's hand in history. What turn has been taken by the disposition of God?"

"The head stood out our troops, the strength of our great nation, and the wonderful achievements of those at home have their roots in the fervor and enthusiasm of the Imperial which has been inculcated in our people in a hard school. They will stand by us in the struggle, decide and final battle to victory."

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Minard's Liniment for Sale Everywhere.

Stamp Out Trade with Enemy

Through control of the nation's foreign trade, made effective by the formation of the U.S. and Canadian franchises for all imports and exports, the U.S. war trade board plans to bring about a complete embargo dealing with firms of pro-enemy character which are furnishing information, supplies, labor, loans, credits, coal or hardware for post-war purposes in order to give aid and comfort to Germany.

CONSTIPATED CHILDREN.

Nothing will so quickly relieve constipation as will take a box of Own Tablets. They are a mild but thorough laxative; are pleasant to regulate the stomach and bowel.

Concerning this Mrs. Adolphus Neel, of New York, writes: "My baby's bowels are constipated. I have given him Babyl's Gums Tablets and they best remedy for constipation I know of. I have given them to many babies and them to all mothers of little ones."

The Tablets are sold by medicine men and cost 25 cents a box.

From The Little Williams' Medicine Co., Brockville, Ont.

Although Harry Tate is as witty off the stage as on it, at least one occasion is recorded how he must have been annoyed at a small boy busily engaged in asking questions.

Thinking he would give them a passing Going up to one of the ladies he asked, "Is it time it is when it is now?"

"It is time it is when it is now," he retorted.

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Vulcanizing Done on the Premises....

New Machinery Just Installed
Auto Tubes and Casings Repaired
Liberal Allowance given for old Tubes and Casings
Work Guaranteed

Mayo & Son, - Claresholm

To the $\frac{1}{2}$ -SECTION FARMER
To the SPECULATOR
To the INVESTOR

ATTENTION!

A party in need of funds has requested us to sell him 480 acres, being the south half and north-west quarter of Sec. 15, Tp. 9, R. 29, w. 4th. We are informed that the land is tillable; over 300 acres particularly fine, small creek, school on land, and good road to Brocket.

Price, \$13.00 per acre—one-fifth cash, bal. 4 years

J. Harris & Co.

Phone 1412 LETHBRIDGE

DOWN'S LUMBER CO.

Can furnish you with LUMBER from the yard at low prices in CAR LOTS at wholesale prices. We OWN and OPERATE our own MILLS and can guarantee the quality of our lumber. Orders filled promptly. Give us a trial and we will save you money

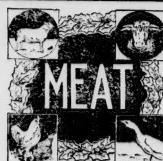
See Our Manager, MYERS

At Economy Barn

FRESH and CURED MEATS

Fish and Poultry in Season. Free Delivery. Dependable, Courteous Service. We Hold Our Customers by Our Service.

Phone 48



HOGS! HOGS! We are in the Market to Buy YOUR HOGS!

The Central Meat Market

RAMAGE & TAYLOR, Proprietors

Third Avenue

CLARESHOLM, ALTA

Just Arrived

JOHN DEERE PLOWS
Tandem Disc Harrows
Harrow Carts
Manure Spreaders

Give us your orders while we can deliver the goods

Frank Murray & Co.

Claresholm Review-Advertiser

An Independent Weekly Newspaper
ROBERT K. PECK, Editor

Subscription Rates
One year, in Canada \$1.50
One year, to United States 2.00
Single Copy .50

Friday, April 19, 1918

Use For Everybody

In these anxious and frugal days the conscientious people of the world are pressing forward with all the energy and determination possible, asking themselves what more they can do toward winning the war—not just for the sake of victory, but for the sake of the free life of the world, the fair chance for humanity, the survival of high spiritual concepts, the triumph of right.

Some of us consider ourselves valueless, or nearly so. We are all inclined to settle down into a dull-blazed drift of listlessness, feeling that we do not count. We have no rich gifts to put upon the altar. We have no rare talents to direct any sort of crusade "under spread ensigns marching." We have no great wealth, no political control and little supervision. We leave to the physically robust the active exercises of obedience to orders. In short, in the conviction of amoral impotence, we let the rest do our fighting for us, to make the world safe for us while we hug the fire and chisel the pipe, or sit in the shadow of the wall, we sit and the tumult and the strain, the draft and the noise in the hotshop reverberating day light go by on the other side.

But all the man-power, woman-power and child-power of the world are needed now. There are few perfect citizens. The business of the earth goes on, but it is not well done on those whose souls enchain their bodies, on those whose reach exceeds their grasp, on those who would like to do more than they can do. The battle is not always to the strong. It is likely to go to the combined forces of those who are faithful unto the end in the few things they are able to do.

The world is in a condition such that the last and the least amongst us it expects its half men to do their duty. It needs the services of the married and the half. It needs those who have only one or two of their wits at work.

It needs us as long as we can stir a finger or win an eye. If you can't run a mile, you can walk a mile. If you can't lift a hundred weight, you can raise a pound. Some work with a steam hammer, some plow a needle, some drive sheep and cows and some run locomotives; some are sick in bed and can do naught but pray; all are useful. It is a mighty country which a man can stand and wait in silence for the issue of distant battle; it is a country in which all to the limits of their abilities are intensely striving with a common aim. When in doubt give all you have and do all you can, and you will not err.

While the duty of the members of any organization is to serve and the best service is to be a soldier, the burden rests on us. When soldiers, dersiring the cause of human freedom, bow their necks beneath the yoke it is for us to prove our ardent love of liberty by fighting the battle they refused to wage.

We are "all in it." We cannot separate our present military duty though we may safely commit our ultimate destiny to the Power that has thus far led our nation and preserved us as a people into this enormous and unprecedented hour.

Legislature's Message To
The Soldiers of Alberta

The following message has been sent the soldiers from Alberta fighting on the West front by Hon. C. W. Fisher, the speaker of the Legislative assembly:

"The members of the Alberta legislature, in their deliberations, have an honor to place on record their heartfelt appreciation of the valorous deeds of Alberta's sons which have placed Canada high on the scroll of National fame and prove conclusively that the Western province produces men worthy of the best traditions of the Empire. They are dealing with war problems at home have passed legislation in favor of providing as far as possible for the relief and comfort of your dependents, and rest confident that in the final issue now pending, Alberta's soldiers will show the same unconquerable spirit that has planted the Empire on the plains

of the West and that has so often won the victory on the field of battle for freedom and public right."

JUST OPENED

City Barber Shop

Located in the Wilton Hotel

R. L. Redfern, Prop.

..Farmers' Garage..

At the Service of the Farmer. - All work Guaranteed

Tubes Repaired

Temporarily located in Rien's old stand, north of C.P.R. Depot.

INVESTIGATE OUR CLUBBING OFFER

Finstad, Hembrow & Nelson, Props.

R. J. HEMBROW, MANAGER

Your Oil Opportunity

In a Real Ground Floor Proposition

In order to secure sufficient funds to start our drilling operations we are offering our stock at far below the par value. We absolutely guarantee to raise the price of this stock as soon as our operations start on a large scale. You are thus afforded an opportunity to double your money without a single risk. Our address is Box 100, Billings, Mont., 50 cents per share.

Our leases are in four fields, including one piece of property in the justly famous Warm Springs Dome. This is proven ground and we should bring in a well there immediately without any difficulty. We will also prospect the Manderon Dome of Wyoming, the Carbonado Dome of Montana and the Clark Fork Dome in Wyoming, as well as a large acreage in proven Kansas fields. Oil from either one of these structures will mean a fortune for our stockholders.

5 Cents Today BUY NOW 5

Clark Fork Oil Co'y.

TWO RIGS PURCHASED AND READY TO DRILL

C. B. McMCENAMY, Pres. CHAS. A. LEWIS, Treas. C. G. HOLCOMB, Sec'y
Capital \$250,000.00 Head Office—Suite 73 Selby Building
Par Value 10 cents Billings, Montana.

FULL PAYMENT COUPON

CLARK FORK OIL CO., BILLINGS, MONT.

I desire to subscribe for shares of Clark Fork Oil Company Stock at 5 cents a share and am enclosing herewith.....

..... for \$.....

..... in my hands before the next advance. It is understood that if I am not fully satisfied after a reasonable time, I may return the printed matter; this warrant will be returned to me in full at any time within ten days from this date.

Stock to be in the name of.....

.....

Street and No.

Town or City.....

State or Province.....

INQUIRY COUPON

CLARK FORK OIL CO., BILLINGS, MONT.

Please send me at once full information regarding the Clark Fork Oil Company. I am anxious to know all about it before the next advance in the price of stock.

Name.....

Street and No.

Town or City.....

State or Province.....

Our Allies Must Be Fed

DESPITE war conditions, we have not as yet felt the pinch of hunger in Canada. Consequently, it is difficult for us to realize just grave need for increased food production in order that others may be fed. At no time is Europe self-supporting in the matter of food. After nearly four years of war, our Allies are living from hand to mouth, depending entirely on the safe arrival of food ships from across the Atlantic. Because of our comparative nearness to our Allies, and because of our wide, fertile areas, this continent must continue to feed Europe. If we fail, hundreds of thousands of people may starve and our armies be denied a conclusive victory. A bumper crop, a record harvest and increased meat production in Canada will be worth the winning of many battles to the Empire and our Allies at this critical period.

Increased Production Imperative

Canada must raise for export at least 250,000,000 bushels of wheat more in 1918 than in 1917, to enable the Allies to maintain even their present restricted rations.

They shall NOT STARVE! —

make that your slogan.

Plans have been formulated, on the authority of The Director of Agricultural Labor, positively ensuring that labor will be provided

The Empire depends on the Canadian Farmer to "carry on."

CANADA FOOD BOARD



Henry W. Thompson,
Chairman

when needed, to harvest the maximum crop. Authoritative reports that the world-wide shortage of food will continue for years after the war. The farmer is assured a ready and profitable market for all the grain and meat that he can produce.

PATENTS
PROPERTY INSURED
FOR ANNUAL, Oct. 10 OR INVER-
SOMMER & HANSON
524 University St., MONTREAL.

SIMMERS

Established 1858

Confidence is the greatest factor that enters into the buying of seeds, since you are buying not a finished product, but a potential product, which your garden may be either a success or a partial or complete failure. You can have the greatest possible confidence in SIMMERS SEEDS.

CATALOGUE FREE
On Application.

J. A. SIMMERS, LIMITED
Bulbs, SEEDS, Plants
Toronto - Ontario

SEEDS**How to Cure
Billiousness**

Doctors warn against remedies containing potassium iodide and alcohol. Extract of Raspberries, long known as Mother Siegel's Syrup, is the best remedy for strong billiousness. It cures indigestion, biliousness and grippe. "Get the genuine. 50c. and \$1.00 Bottles."

The Soul of a Piano is the Action. Insist on the
Otto Higel Piano Action

Now Raised to Veal Age
Livestock Branch States Policy on
Slaughtering of Young
Animals

The Banff branch of the department of agriculture has expressed the opinion that it would be unwise to prohibit the slaughter of calves or female or to limit the number of Canadian cattle through restrictions on export or otherwise would be absolutely unnecessary. The department concluded that if the farmer reaps a profit from the feeding of calves to veal age, while profits are being made, it would be killed as soon as born. Such prohibition as that proposed would, however, result in the practice of veal practice, resulting in a very considerable waste of food.

The Wrong Place

An agent approaching a house, not knowing who had the gate and asked: "Is your mother at home?" "Yes, sir," said the boy, politely. "I am here to see her." "I am sorry, son, but she is not at home." The boy, however, continued to stand by the lawn, and after rapping seven times without receiving an answer, returned.

"I thought you said your mother was at home?" "Yes, sir," replied the boy. "But I have rapped seven times without receiving an answer." "I don't know what you mean," said the boy. "I don't live here." Boys! Life.



If You're Fond
or Tea or Coffee
but know it harms
you, as it does many
others, you will find

INSTANT POSTUM

a delightful & econ-
omic beverage.

Made instantly in
the cup, no boiling.
Delicious flavor.

A cheering hot
drink for people
of every age.

W. N. 12. 1923

French Strong for Boycott
Germany Cannot Live Without Per-
mission of the Allies

French opinion is more and more inclined to emphasize the economic value of the economic weapon against Germany. Nearly every day there is a call here for a plain statement from the allies as to their attitude, so that a general boycott will be used if Germany persists in prolonging the war.

Edgar Lanthier, a well-known writer on economics, remarks in *Liberty* that the allies hold trump cards in their hands, if they will not let Trotsky deprive them.

"Trots," he says, "are the masters of the world, but they are not the only ones. They are the masters of the markets and a monopoly of the most important raw materials. When the allies do not let him have the Reichstag as the supreme decision of war and peace, the allies can replace him with another powerful agent: that is, although Germany may be master of Royal and Riga, the allies are the masters of the world."

"The Germans can pillage and burn without permission, but without that permission they cannot live. Germany must be given the right to live, that is, the right of normal economic conditions, done not only by her accepting the allies' price, but also by the date when she accepts them."

"So far as Germany experts concern, the allies ought to prepare a boycotting system of conditional duration. The Germans ought to be given time to prove that within six months their products will be excluded from the allies' market. If they do not succeed in this and by constantly failing to live up to their obligations, then the allies' disease greatly increased by concentration treatment." Hall, Carter, and others, in a constitutional resolution taken before the meeting of the National Council of the System, said: "We demand that the Government take all possible steps to cure our country of the grippe, and to send for medical treatment. Send for doctors and nurses. Call for Dr. Douglas, Dr. COO, Yelko, Chas. Sold by Druggists, Chemists, Pharmacists."

There is more Cather in this section of the paper than other places, for, generally, for years it was supposed to be the "Cather Country." The grippe is still rampant, and by constantly failing to live up to their obligations, then the allies' disease greatly increased by concentration treatment. Hall, Carter, and others, in a constitutional resolution taken before the meeting of the National Council of the System, said: "We demand that the Government take all possible steps to cure our country of the grippe, and to send for medical treatment. Send for doctors and nurses. Call for Dr. Douglas, Dr. COO, Yelko, Chas. Sold by Druggists, Chemists, Pharmacists."

Mr. Billings—Werent you surprised, dear children, when you found you such a nice present? Mrs. Tilton—No; I was suspicious. Education Bulletin.

**NEW WAY TO REMOVE
SORE, ACHING CORNS**

Corn plasters be hanged, they always bring trouble and pain. To the new comer, who has just cut up the corn first, get its roots separated, then soak it in water, then boil it in a quart of milk as you can in a pound of lean beefsteak. If it continues to hurt, then boil it again. Oboliterate everything disagreeable from yesterday, start out on the road to health, and you will be well.

Putman's will really, surely kill the sorest things in the body, and leave nothing but a quarter in any drug store. Get it today.

The Health Diet

Some Food Facts That Are Worth Remembering

Remember that meat is a good food, one of the most perfectly balanced foods we have. It is a good source of protein, fat, vitamins, water, minerals, etc. In addition they are particularly rich in calcium and phosphorus because they are meat.

Remember that carrots and chickpeas are excellent foods and are quite nutritious; these are delicious, rich, and should be used moderately.

Remember that tea and coffee are stimulants and are bad for excess, causing nervousness, insomnia, etc. In addition they are particularly rich in calcium and phosphorus because they are meat.

Remember that coconuts and chickpeas are excellent foods and are quite nutritious; these are delicious, rich, and should be used moderately.

Remember that tea and coffee are stimulants and are bad for excess, causing nervousness, insomnia, etc. In addition they are particularly rich in calcium and phosphorus because they are meat.

Remember to drink at least eight glasses of water a day, both between meals and at night.

Remember that tea and coffee are stimulants and are bad for excess, causing nervousness, insomnia, etc. In addition they are particularly rich in calcium and phosphorus because they are meat.

Remember that bread and cereals contain a large amount of carbohydrates, these are delicious, rich, and should be used moderately.

Remember that bread and cereals are quite nutritious; these are delicious, rich, and should be used moderately.

Remember to eat a lot of fruit, especially fresh fruit, and you will be well.

Remember that the best method is to spend a lot of money on your total income for food.

Remember to put cereals and apples over food to keep it nice and juicy.

Remember to keep milk covered when not in use.

Remember not to handle food any more than is necessary, either in the kitchen or at home.

Remember to eat the amount of food which you need depends upon the kind of work you are doing, not only the amount of food, but the kind of food is important.

Remember that the best method is to spend a lot of money on your total income for food.

Remember that the more money you spend the more you will be able to economize, the more you will be able to buy the necessities of life.

Remember to have a well-balanced diet, eat bread and cereals freshly

**Nothing Like It
For Bronchitis
And Weak Throat****REMARKABLE CURES IN THE
WORST CASES REPORTED
DAILY****Cures Without Using Drugs**

Doctors now advocate an entirely new method for treating bronchitis and irritable throat. Stomach dosing in the long run, however,

The most appropriate treatment consists of a healing vapor resembling the perfume of the Adirondacks.

The so-called "cure" is of germ-destroying substances and a powerful healing agent.

It is a mixture of breathing tubes and lungs through a skillfully directed and organized respiration.

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COMMON RIGHTS

(Continued)

Everyone born into the world comes possessed of rights to all those means of life which are necessary for the full development of his nature whether physical, intellectual or moral. Every one has the right to expect that the means of life are not within the arbitrary control of others, but that the things which are essential to the proper development of nature are within reach. Such rights as these are am-

norable to the whole race and are inalienable. It was because of these inalienable rights that slavery was wrong. No difference in color, or place, or condition could affect these rights.

The way in which history has worked itself out in the world has resulted in these rights being taken arbitrarily from some men, as in the case of slaves, and in these rights being humiliated and denied by the development of "the mass," the restriction of those rights to all men becomes one of the bounden duties of society.

Governments really exist for the promotion and protection of these common man's rights. The whole world is fast receding from any such doctrine as that of the divine right of kings, and is rapidly approaching the position of government "by the people, of the people, for the people." The spirit of the times is to give these rights to all men are equal and have the right to life, to liberty, and joy, in the spirit which has persisted in human thought.

The rights which men possess fall two categories:—(1) The rights of the

individual; (2) The rights of the community.

THE RIGHTS OF THE INDIVIDUAL.—The rights have found many remarkable champions. Gladstone and Darwin among scientists; Cromwell and Lincoln among patriots; Luther and Calvin among religious leaders; John Stuart Mills and Herbert Spencer among sociologists. What are the rights of the individual? The individual has a right to all those things which are necessary for the proper development of his physical,

intellectual and moral nature, and it is the duty of government to see that these rights are placed within the reach of every human being. These rights, however, cease when they infringe upon the rights of other individuals, or upon the rights of the community. The development of an Alexander, a Wellesley, a Bonaparte, could not be accomplished by the rights of the individual to the detriment of others. To such development no individual has any claim. The rights of every individual ends where the right of others begin. We recognize this limitation of the rights of individuals when we compel an individual to contribute his money or a small or a great part of it for the common good. No individual has any right for the sake of his own personal advantage to hinder the progress of the community. This limitation by governments of the actions of individuals has led men like John Stuart Mill to believe that governments should go too far and interfere with the rights of the individual. In older countries there is a strong revulsion against government institutions. The policy of uniformity in such systems leads to a drabness which is revolting, and the cast iron nature of such institutions and the inflexibility of their rules makes them adaptable to cases renders them wholly objectionable. The hope and feelings of individuals are sent to the wall and the more human side of life is crushed. It is no wonder then that in modern political and social movements there is a demand that the individual for a pure simple life, a life in which every side of his nature may be developed, and for the continuance and protection of thought to him. Thus in modern movement we find the principle of individualism struggling for expression. Side by

side with this principle, however, we see very clearly in these days the principle of communism being given expression to; that all things must be held for the common good. This second principle of communism modifies and corrects the principle of individualism. It would be impossible without the development of an Alexander, a Wellesley, a Bonaparte. John Stuart Mill, in his treatise on "Liberty," points out:

1. That an increase in the power of the State is prejudicial to liberty.
2. That a distinction can be drawn between "the right to a peaceful life" "in which he is chiefly the individual that is interested," and "that part which chiefly interests society," and that liberty is infringed if the State interferes with the first part.
3. That the most valuable element in human life is spontaneous choice. Anything which is done by a compulsory power diminishes the scope of that choice and thus infringes liberty.

To the first proposition that increase in the power of the State is prejudicial to liberty, it might be pointed out that in some cases the interference of the State is a protection from being interfered with by other individuals more powerful than himself. In so far, therefore, as the State substituted ordered and reasonable interference for the arbitrary interference of individuals it increases liberty. The workmen may have more liberty under a Feudal system than they have in the capitalist system of an individual employer; he may have more liberty by the collective bargaining of a trades union than if he had to make the bargain for himself. The presumption is rather in favor of State interference increasing liberty than diminishing it. There is not the same desire to feel the interference of the majority to fear the tyranny of a powerful individual. A measure approved by the majority e.g. the state because the individual composing it have had to give up their individual and anti-social interests against each other in order to form a majority is more likely to represent that which is in the best interest of Society which makes real liberty possible than is the measure of an individual State interference promotes liberty if it expresses collective as against individual interference.

To the second proposition that a distinction can be drawn between that part of human life which is chiefly the individual that is interested and "that part which chiefly interests society" it might be replied that there are no individual interests with which Society is not concerned. Society is vitally concerned even with what the individual thinks. An old Hebrew philosopher said, "A man thinketh in secret, but God looketh on all events as proving the truth of his statement. The thoughts and ideals of Nietzsche and his school are bearing fruit in the awful calamity of the European War. The thoughts we think, the mental pictures which lie in the galleries of our mind form character and sooner or later find expression in action. There is no part of life which belongs to the individual alone. No man lives unto himself. We are inseparably linked up with each other.

(Concluded next week.)

ANNOUNCEMENT

J. W. Hallett, wishes to announce to the public that he has today (April 15) sold his coal business including the Gray-Dort Motor Car Company at Alliston. Mr. Geo. Wales (Manager) and I wish to thank his customers for their patronage and herewith sollicits a continuance of their business with his successors.

Called To Colors

Owing to the theoretical situation which has developed on the Western front the Dominion Government has decided to call up at once all unmarried men and women between the ages of 18 and 23 years inclusive. It is believed that these young men can be spared with the least disturbance to Agriculture and other essential industries. The men of nineteen will be required to register at once. All assumptions that have been granted have been cancelled forthwith.

PAY When You Graduate
University of Alberta, Edmonton, Alta., Canada



CLEAN UP AND SOW

To turn the back yards, where rubbish and dirt has accumulated during the past winter, into gardens, is a duty both patriotic and profitable. The spring clean up cannot begin too early. To make beautiful with flowers and vegetables the immediate surroundings of our homes is a worthy ambition, the attainment of which should be undertaken by one and all.

To produce food has now become the boundest duty of farmer and townsmen alike. The need is great; universal famine threatens the world. There is no escape from the responsibility of doing one's share. On Canada particularly rests the burden of a greater share in the world's war by growing more food. No other part of the empire can be

ada's proxy, for no other part can be reached in the summer of 1918 by British shipping, depleted as it has been, by Hun submarines campaign, even if other ports could really grow the needed foods.

Production in greater and still greater quantities must be the aim of one's people. Things that in ordinary times would not be undertaken must be done. Effort must be directed where in peace it might have been considered a loss of time, judged only by money returns. So it comes that today the vacant lot in cities and towns and the humble back yard garden must be utilized to the fullest.

Let everyone get down to real work. Clean up the rubbish and make the vacant and waste places produce food for the world's need.

The Quality Goes Clear Through

GRAY-DORT

Keen Buyers are
Choosing this Car

The test of a motor car's worth is the men who buy it. One class purchases on price alone—buying the lowest-priced because it is lowest. To another class money does not matter. Their fancy may be struck by a new body style—or a racing motor—and price is no obstacle. But in between these two is a great body of keen buyers. Men who weigh value—consider price, and what they get for it. In Canada, these men are coming to the Gray-Dort.

Some of these men have owned lower-priced cars. But they have found in the Gray-Dort a car which gives small extra-prices that they believe true economy is served by owning this better car.

Others have driven costlier cars—some of them cars costing twice the price of the Gray-Dort. They have found that in saving the difference in cost of a Gray-Dort, they have not given up pleasure or service. And Gray-Dort economy of upkeep offers them a yearly saving that is more important to-day than ever before.

If value, and not mere price and size, matters to you, you should see and test the Gray-Dort.

In 1918 Gray-Dort embodies all the good features that won instant success for former models, with 21 new improvements and refinements. The 4 cylinder motor is a triumph of smooth, economical speed and power. The chassis is sturdy and quiet. The springs are long. The upholstery is deep. The equipment is absolutely complete from electric starting and lighting to the tools. New lines of beauty have been given the 1918 model. The three passenger four-door roadster is \$995; the Gray-Dort Special, double fendered and with extra details of equipment is \$125 above list. All prices are f.o.b. Chatham.

AGENTS

J. W. HALLETT

Claresholm

Dealers in Every Locality

GRAY-DORT MOTORS LTD.
CHATHAM, ONTARIO

In the United States—the Dort Motor Car Company, Flint, Michigan.



